

OUR PARISH

Contact the Parish Pastoral Council through the office email.

OUR PARISH MISSION:

"All the Church, all the Gospel, all the people, all the time"

OUR PARISH VISION:

All the Church - we will **WORSHIP** with an open heart.

All the Gospel - we will celebrate the **WORD** with joy.

All the People - we will care for the **WELFARE** of all.

All the Time - we will maintain our **WORKS** with integrity.

OUR PARISH SCRIPTURE

"Refresh my heart in Christ" - Philemon 1:20b

OUR PARISH SAFEGUARDING COMMITMENT

MHoC Parish & the Archdiocese of Canberra & Goulburn are committed to the care, wellbeing & protection of children, young people & people at risk in our community. If you need to communicate any concerns, please contact one of our Parish Safeguarding Contacts displayed on the posters on the main church notice boards & our website.

 Our parish is supported by CCTV and S1 Security. Smile!

THIS WEEK IN THE PARISH (7-13 March)

Remember to turn your phones off when in the church. A prayerful silence is respectfully requested as we gather to celebrate Eucharist.

Sacred Heart Church Mass & CS Times:

Third Sunday of Lent
Psalter Week 3, Year A/2

Sat: 5.35pm Rosary, 6:00pm **Mass**

Sun: 8.30am & 10am **Mass**

Mon: 8.30am **CS** Tues: 5.30pm **Mass**

Wed: 8.30 am **Mass** Thu: 8.30am **CS**

Fri: 9.10am Rosary, 9.30am **Mass**

5.00pm - 6.00pm Evening Prayer & Adoration

The Pines Living, Farrer, Mass 11am held on the

last Thursday of the month. **Next date: 30 Apr**

Goodwin Village, Mass 9.30am held on the last

Saturday of the month. **Next date: 28 Mar**

RECONCILIATION (Confession):

Saturdays 11am-12pm (or by appointment)

FATIMA DEVOTIONS: Next date: Sat 7 Mar

'The Five First Saturdays' Held on the first Saturday of the month: **Mass 9.30am**, followed by **confessions** with **benediction 10.30am**, concluding with a **Marian Movement of Priests cenacle**.

See blue flyer.

BAPTISMS: Baptism information please see our website or contact the parish office.

WEDDINGS: By appointment, at least 6 months notice is essential. Phone the Office for details.

The BLESSED SACRAMENT CHAPEL

is open daylight hours each day for Adoration & quiet prayer. The chapel is not to be used while Mass is being celebrated. Please do not leave cut flowers or candles in the Chapel.



Mary Help of Christians Parish South Woden, PEARCE ACT

Parish Priest: Father Emil Milat

Parish Office: 115 Hodgson Cres, PEARCE ACT 2607 Ph: 02 6286 1908

Parish Officer: Carmela Sampaga

Office Hours: 9am – 3pm Tuesday - Friday

Parish email address: wodensouth@cg.org.au

WEBSITE address: www.mhoc.org.au

Sacramental Programmes: Christina Erwin - wodensouth.sacraments@cg.org.au

For information on how to join planned giving or donate to our parish see our website: www.mhoc.org.au/planned-giving/

Our parish acknowledges & celebrates the original custodians of this sacred land & we commit ourselves to the ongoing journey of reconciliation.

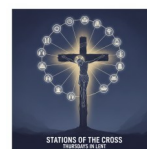


Lenten & Easter Season 2026:



Stations of the Cross – Thurs in Lent

Join us each Thursday during Lent for the *Stations of the Cross* following the 8:30am Mass. All are warmly welcome to take part in this Lenten devotion.



Friday Adoration during Lent

Deepen your prayer life each Friday during Lent from 10AM to 9PM

Come to the church and pray anytime during the day. - Fr Emil

Lenten Group – Next on 8 Mar

Join Fr Emil for the Compassio 2026

program (Diocese of Wollongong)

Next session on 3rd Sunday of Lent,

8 Mar at 11am (after 10am Mass) in

the parish hall.

Three more sessions: 15/3, 22/3, 29/3

Reflection, shared conversation, deeper encounter with the Risen Christ.



Discover four inspiring stories from around the world in Project Compassion 2026



Each story showcases overcoming hardships with hope for a brighter tomorrow. If you have time, click to watch [Project Compassion 2026 Parish Films on Vimeo](#) and learn more about there personal journeys.



UNITE AGAINST POVERTY
this Lent

Please scan the QR code & donate today.

Shepherd's Corner

It was a graced night in celebrating the First Reconciliation of 36 young parish-ioners last Wednesday, on their way to First Holy Communion on Palm Sunday. Thank you to parents for the strong attendance at the lessons and Christina our *Sacramental Coordinator* for her sterling admin underpinning it all, also to the *Sacred Heart School* REC Laura Matchett and staff, with School of Religion and Marists staff supporting. The Parish Assembly is next Saturday- pls register in you can come along. There is always a deep blessing when the people of God have not just their Eucharistic Assembly also a "council" Assembly conversation- we often see this as key points in scripture, like the "*gathering of some elders of Israel*" in the first reading. *God's blessings Fr Em*



Coming up in the Parish:

Saturday, 7 March

♦ Fatima Devotions - SHC - 9:30am mass

Sunday 8 March

♦ Children's Liturgy - SHC - 10:00am mass

Wednesday 11 March

♦ First Holy Communion - SHC - 6:30pm

Thursday 12 March

♦ Friendship Grp (Guest Speaker Red Cross)-Hall-10am



Vocations Discernment Dinner at Pearce Presby-

tery: Thursday 12 March

6pm. For men interested in

discerning a call to the Priesthood. A hearty meal provided with insightful discussions & prayer. To rsvp please contact Vocations Director Fr Emil Milat 0414 523 036 or @emil.milat@cg.org.au

Parish Assembly Registration Open

Join us for our Parish Assembly on

14 March, 1:30–5:30

PM at the Parish Hall

Please scan the QR code to register.



ROSTERS FOR PARISH 14/15 Mar 2026

Fourth Sunday of Lent, Year A/2

Commentators and Lectors

6.00pm B Gaynor & J Caddy

8.30am P Supple & C West

10am Justin Wilson & F de Castro

Extra-ordinary Ministers of the Eucharist

6.00pm A Potanin

8.30am M Supple

10am R Usback

Acolytes:

6.00pm I Noble

8.30am G Joseph

10.00am G Selleck

Music Ministry:

6pm *Volunteer needed, pls.* 😊

8.30am S Fatiaki

10.00am C Walshe & D Tantri

Altar Servers:

Trained servers please volunteer at Mass

Church Linen March: S de Silva

Welcome Ministry:

6.00pm M Blackmore

8.30am F Pelosi

10.00am P Hefferman

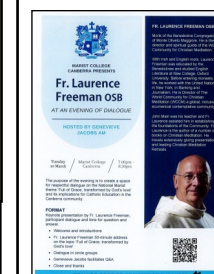
Altar Care (March 14) M Jacob

Please Remember in Your Prayers

We remember all our faithful departed, especially those whose anniversaries occur at this time, *particularly Bruno Wolnicki, Fr. Chris McNeeve & Fr William McCormack* May they rest in peace



Upcoming Events with Fr. Laurence Freeman OSB



10 March 7:00pm | Evening Dialogue | Marist Hosted by Genevieve Jacobs AM, this dialogue on Tuesday, 10 March (7:00pm–8:30pm) at Marist College Canberra features Fr. Laurence Freeman OSB discussing the theme "*Full of Grace, transformed by God's love*" with keynote, panel, and Q&A. Register via the QR code or link on the flyer.

11 March 4:00pm | Christian Meditation | St Christopher's Cathedral & Livestream

Join Fr. Laurence Freeman OSB, Director of the World Community for Christian Meditation (WCCM), on Wednesday, 11 March (4:00pm–5:30pm) at St Christopher's Cathedral, Franklin Street, Manuka ACT, for an introduction to this ancient contemplative prayer offering depth, stillness, and personal transformation. Also available live stream via Catholic Voice, scan the QR code

